

Statistics Report 19095, Ice creams, vanilla

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	61.00	50	0.360	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Energy	kcal	207	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2008
Energy	kJ	868	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2008
Protein	g	3.50	152	0.199	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Total lipid (fat)	g	11.00	291	0.080	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Ash	g	0.90	--	0.045	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Carbohydrate, by difference	g	23.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Fiber, total dietary	g	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
Sugars, total	g	21.22	--	0.317	20.59	21.54	2.0	19.859	22.585	1	Aggregated data involving comb. of codes other than 1,12 or6	--	03/2006

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	128	--	5.483	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Iron, Fe	mg	0.09	--	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Magnesium, Mg	mg	14	--	0.361	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Phosphorus, P	mg	105	--	4.119	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Potassium, K	mg	199	--	6.120	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Sodium, Na	mg	80	--	6.528	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Zinc, Zn	mg	0.69	--	0.160	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Copper, Cu	mg	0.023	--	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Manganese, Mn	mg	0.008	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Selenium, Se 2 3 4 5 6 7 8	µg	1.8	--	--	0	4.3	--	--	--	--	Analytical or derived from analytical	--	03/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fluoride, F 1	µg	15.4	--	1.056	14	18.5	3.0	12.059	18.781	1	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.6	--	0.067	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Thiamin	mg	0.041	--	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Riboflavin	mg	0.240	--	0.013	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Niacin	mg	0.116	--	0.011	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Pantothenic acid	mg	0.581	--	0.170	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Vitamin B-6	mg	0.048	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Folate, total	µg	5	--	1.830	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
Folate, food	µg	5	--	1.830	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Choline, total 1	mg	26.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12	µg	0.39	--	0.043	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Vitamin A, RAE	µg	118	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2008
Retinol	µg	116	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Carotene, beta	µg	19	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Vitamin A, IU	IU	421	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Vitamin E (alpha-tocopherol)	mg	0.30	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D3 (cholecalciferol)	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin K (phylloquinone) 9	µg	0.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Lipids													
Fatty acids, total saturated	g	6.790	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
4:0	g	0.360	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
6:0	g	0.210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
8:0	g	0.120	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
10:0	g	0.280	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
12:0	g	0.310	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
13:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
14:0	g	1.130	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
16:0	g	3.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
17:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
18:0	g	1.316	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
20:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
22:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Fatty acids, total monounsaturated	g	2.969	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
14:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
16:1 undifferentiated	g	0.206	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
18:1 undifferentiated	g	2.763	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Fatty acids, total polyunsaturated	g	0.452	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
18:2 undifferentiated	g	0.275	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
18:3 undifferentiated	g	0.175	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA)	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Cholesterol	mg	44	--	1.924	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Amino Acids													
Tryptophan	g	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Threonine	g	0.146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Isoleucine	g	0.195	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Leucine	g	0.316	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Lysine	g	0.258	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Methionine	g	0.081	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Cystine	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.157	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Tyrosine	g	0.155	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Valine	g	0.217	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Arginine	g	0.125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Histidine	g	0.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Alanine	g	0.121	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Aspartic acid	g	0.250	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Glutamic acid	g	0.681	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Glycine	g	0.093	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Proline	g	0.326	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine	g	0.177	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2007
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6f, 2002 Beltsville MD
²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995
³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996
⁴Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997
⁵Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991
⁶Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992
⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993
⁸Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994
⁹S.L. Booth, J.A. Sadowski, J.A. T. Pennington Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579